

# DO NOT DISTURB!

High quality, uninterrupted sleep helps you perform optimally in all areas of life.

## Checklist for Success

- ✓ Sleep in your bed (not on the couch!)
- ✓ Reduce noise, light, & thermostat
- ✓ Follow a bedtime routine
- ✓ Use your bed for sleep

**NO TV**

**NO Reading**

**NO Working**

DO NOT  
DISTURB

40 million  
Americans report  
sleep problems.  
Am I one?

FOR MORE INFORMATION, GO TO:  
[MXFATIGUE.COM](http://MXFATIGUE.COM) OR [HFSKYWAY.FAA.GOV](http://HFSKYWAY.FAA.GOV)



**Federal Aviation  
Administration**